

Step 10 Continued to take personal inventory and when we were wrong, promptly admitted it

"Working Step Ten helps us deal with our shortcomings on a daily basis. Even with our best efforts we make mistakes. We are human and fall short of the mark regularly, even when we are abstinent from our addictive sexual behavior." Sex Addicts Anonymous pg 52

Daily Inventory:

What emotions have had an impact on my life today?

H.A.L.T. or Fear?

How have I consciously acted to take care of myself and where have I failed to take care of me?

What character strengths and defects revealed themselves in me today?

What am I grateful for today?

What resentments did I have today?

Monthly/Quarterly Inventory:

How has my recovery changed over this time period?

When I look at my recovery over this longer time period, how does this longer view deepen my gratitude to my Higher Power?

What would I need to add or recommit to in my recovery in order to move it forward?